



Radio Frequency Ablation Pre and Post Procedure Instructions

Please arrive 15 minutes prior to your appointment time. If you need to cancel your procedure for any reason, we will require a call 48 hours prior to the scheduled appointment or a fee may be applied.

Before your Procedure

- Drink plenty of fluids the day before and the day of your procedures.
- NO CAFFEINE, coffee, or tea the day of your procedure.
- On the day of your procedure please wear comfortable clothes and slip-on shoes. You will change into surgical shorts provided or you may bring your own cotton loose shorts, just be aware they might get soiled.
- Please inform the provider if taking blood thinners; You do NOT have to skip a dose, please take as normally scheduled.
- The recommended / required compression stocking is 20-30mmHg after procedures.
- DO NOT WEAR COMPRESSION STOCKING THE DAY OF YOUR VEIN PROCEDURES.
- Do not apply lotion, creams, or other moisturizer on legs the day of your procedure.

After Procedures

- Your leg will be wrapped with a compression bandage after your procedure has been completed, this bandage will remain on for 24hrs. After 24 hours, you will wear compression stockings during the day and off at night.
- No hot tub, baths, or sauna for 1 week after your procedure.
- No swimming for 48 hours after your procedure.
- Resume normal daily activities after your procedures, as it is important to stay active once you leave the office.
- Do NOT squat more than your body weight for 2 weeks.
- **DO NOT LAYDOWN or STAND ALL DAY.**
- Walking is the prescribed post-procedure treatment for you, as it can help speed up the recovery process and reduces risk of developing blood clots. Please walk about 5-10 minutes every hour until bedtime.
- **Do not plan any long car rides or plane trips for at least one week after your procedure. Also, avoid sun exposure as it may cause some skin staining.**
- **Its NORMAL to experience clear or light pink drainage from the injection and insertion sites, slightly tender lumps or hard bumps may occur along the treatment site, bruising, tenderness, and a pulling or tethering sensation is common and will go away over time. You can take Ibuprofen, Advil, Motrin, Aleve or Tylenol to help alleviate discomfort you are feeling.**